

2012

Do the *Write* Thing Challenge

Student Finalists' Writings



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The Challenge

The Do the *Write* Thing Challenge is an initiative of the National Campaign to Stop Violence. This program gives middle school students a chance to examine how violence affects their lives. Students are asked to submit any form of written expression to answer the following questions:

- How has violence affected my life?
- What are the causes of youth violence?
- What can I do about youth violence?

The student submissions were read by a diverse group of professionals and ten exceptional writings were chosen. Five boys and five girls were honored at a celebration at the State Capitol in Helena. At this celebration, the boy and girl whose writings were deemed to be the most thought provoking and responsive to the questions were announced. These two students, along with their teachers and one parent or guardian participated in the Do the *Write* Thing National Recognition Ceremony in Washington, D.C., July 14-18, 2012. These two students' writings were joined with others from around the country, and a leather-bound copy of the student writings was placed in the Library of Congress.

Karen Green

8th Grade
Sidney Middle School
Sidney
Teacher: Jessie Fisher

Karen Green

Violence is a worldwide problem. Many people face it. It can be started by many things like bad role models or some hurt people end up hurting other people so they can get the pain out. Some people are addicts; they might be addicted to the pain or drug and alcohol use. I, myself, have faced the little evil in this world. My step-father was an alcoholic. He would go to work around 6 in the morning and come home around 9 or 10 at night. He would say he's been at work, but my mother, brother, and I knew better. We could've smelled the beer from across the room.

Around age 4, I didn't know how to deal with it. So I went along doing my normal chores, dishes, sweeping and mopping, laundry, and my room. Then I would go outside and play with my dog. But as soon as I start throwing the stick for my dog I would hear yelling inside. My step-father yelled so loud I could hear him from my backyard. He would be screaming my name, so I would run inside to see what the problem is.

When I entered the house of horror I would see our medium sized garbage can filled with empty cans of bud-wiser or bud-light. The chemicals from the can stung and bit my eyes. Then I would see my dad. He would've found the smallest mistake, a missed dish or dirt on the stairs, and he would yell and spank me 4 or 5 times. I would run pass my mother crying into my room; and knowing my mother, she got mad.

At first she would tell him gently that is not acceptable and he would come and apologize to me. But later in the relationship he would yell at her and she would yell back. They would fight for half an hour to an hour or till my father got so mad that he hit her and threw her or something at the wall. My mother would be so mad and hurt that she would storm out of the house forgetting me and my brother.

Karen Green

My father would come into my room and "suck-up" to me. Then he would end up sexually abusing me. I would feel so ashamed about it that I ended up not telling anyone. He first started this when I was around age 3.

My brother would see my step-father hurt my mother and soon thought that was how a man treated a woman. So he started to hurt me. He has choked me and threw me against a wall once.

Don't get me wrong, I had some problems too. I had anger issues; I once got mad at my brother and threw an old cell phone at him. Sliced his forehead open. How did I cope with what my father did to me, you're asking? Well at first I didn't know what to do. I would go to my room and cry silently when he was done. I tried choking myself, I would hit myself, sometimes even in my sleep I would wake up with bruises from me hitting myself. But nothing really got the pain out. So around age 7, I saw one of my mom's shavers. I broke it apart and took the blade out, I would cut my wrist, and no one noticed.

Now I'm 13, turning 14 in May, and just this year people started noticing. For 6 years I've kept it all bundled up inside me, thinking no one cared. That was in till I started making friends. They cared so much that they worried and were scared to lose me so they asked my principal to put me in Alt. Care.

Late September my mom had kicked my dad out because she had enough. She became happier than ever, but also stressed. My brother and I had turned to drugs and alcohol to sooth the pain a bit. Now I've decreased the addiction; it's the last week of February and I haven't had a drink or smoke in over 2 months. My brother, on the other hand, my mom sent him to live with the rest of my family in Casper. She hopes he quits his addiction and starts new there.

Karen Green

I write this for you to read and I hope that you could get some things out of it. I guess I need to say what I can do to help prevent this. But the truth is that some violence won't ever stop; it happens everywhere. But I guess what we could do to reduce this from happening is that we can teach our children to respect and love, to never judge people, because sometimes some people don't realize what is happening to others and what they are doing are adding to the stress and depression. Also I believe we can try to get to know people, to build trust, so we can let out everything that's been bundled up inside for a long time, or even a short time.

I realize that what this world has made me face has turned me into a better person. Because I'm stronger than most; and I can handle some things without even crying now. I've learned that God tests the ones he wants harder than most. So when he puts me through a hard time I can know that he is my father and I am his daughter. And no matter what my step-father has done to me, my Lord Jesus is always there for me.

To me life is just like a rose in the dark night. It's surrounded by darkness but doesn't give up. It keeps living, waiting for the sun to come up again. We have to teach our loved ones to be that rose, to never give up and keep living, because there is a good side to every bad side. I mean, I found it through all the things I've been through.

Danielle Hoover

8th Grade
Columbus Middle School
Columbus
Teacher: Lorie Henrie-Koski

Pain

Tremendous Pain.

I'm staring at myself in the mirror, the dark blue and purple mark on my eye throbs as I cover it with make-up.

Hideous Pain.

I get asked about why my lip is cut and I again have to lie.

Horrible Pain.

I push all my friends away to protect them from him.

Subtle Pain.

I realize that maybe I deserve all of this pain he inflicts on to me.

Foolish Pain.

I can't get away from him, I realize this now.

Ignorant Pain.

He says he loves me but then abuses me.

Immoral Pain.

My mom is starting to get suspicious about my bruises and cuts.

Vulgar Pain.

He loses the state championship basketball game, I know this means he will be really angry tonight.

Selfish Pain.

I try to cheer him up but all I end up doing is making him more agitated.

Horrible Pain.

As he stops to see the damage he has done he squats down and holds me repeating the same apologies I hear every time.

Vicious Pain.

He takes me to the hospital and tells the doctors that I got in a hit and run accident on the way home.

Deceitful Pain.

I just lay there ignoring the pain, ignoring everything.

Sullen Pain.

I want the light to take me already just free me from this living hell.

Wicked Pain.

But in the end everyone wakes up from blissful dreamless sleep eventually even if it's to the darkness of the life I am living in now.

Vile Pain.

I hear the beep, beep, beep of a machine, I feel the needles in my body, the cast on my arm, the weight in my heart.

Cruel Pain.

I thought he loved me, I thought this was my fault, now finally opening my eyes and seeing the damage I come to the conclusion that I could not have done this to myself.

Worthless Pain.

The police want to question me but so does he.

Vain Pain.

I should lie. No tell them what he does. No I need to protect him from the pain...The pain he has caused me.

Traitorous Pain.

I need to tell them the truth to free myself and to get him help.

Stubborn Pain.

As I leave the hospital I see him with his hands behind him being hauled away, part of me is saddened by the sight of him so helpless.

Reckless Pain.

The other half of me is so glad that the recurring nightmare of my life is finally turning around...

This Is The End of My Pain.

Jacob Lutey

7th Grade
St. Francis Upper
Billings
Teacher: Stella Burke

Do the Write Thing

I'm in seventh grade and we watched a video of a blind man on the street that wasn't getting a ton of money when a girl walks by and sees his sign, "blind anything helps." So she writes on the back of the sign and walks away. The man starts making a substantial amount of money when the girl comes back and the man remembers her by the shoes she wears he asks "what did you write on my sign?" "The same thing only different words," said the girl. The video then shows the sign which now says "it's a beautiful day and I cant see it!" these were powerful words and the thing is words are always powerful it just depends what way you use them. Some people are hurt by words and it can hurt quite a bit more than a fist could ever.

Bullying doesn't affect me very much, on my street and at my school I'm not bullied very much except for my ears. Other than my big ears I'm not affected at all. At my school there is not much bullying and especially no violence. My friends are nice but one kid especially, he will always stand up for me when people try to make fun of me. The thing about my ears (which I know are big,) has gone on for a long time and I've never really cared

much and if you have ever seen my ears you would know they were big but you probably have a flaw as well, inside or out. The on time I could think of violence in our school is if someone were to harass someone all the time about them having disabilities or maybe someone in there family has just died or they have a divorce happening or a sibling doing drugs, which brings me to my next topic.

I personally believe (as I said before) that bullying is caused by family problems or a disability (like my ears) first let's talk about disabilities. Unathleticism is a pretty big disability if yo feel bad for yourself you might take it out on another kid. One more thing is maybe family problems, which I listed earlier, in which I don't have any familiarity with, my family is awesome. Now its stopping bullying that's the problem, millions of innocent people were killed in the holocaust could it have been prevented? Heck yes! But so many people were in it that they didn't wont to stand up for those poor people. Out of six billion people in the world it took a long time and only a few people stood up for them and i'm proud to be one of the nations that did. Now I can't stand up for every person on the planet so with every ones help we can do it. I think if people were nice to just one person a day no one

would feel bad and therefore not bully. So remember be nice to
one person a day and I promise it will make a huge difference.

Keyan Miller

8th Grade
Dutton-Brady
Dutton
Teacher: Linda Quilling

The Bully

As you walk the halls,
The bully calls.
You turn around
And try not to be found.
He can see you
You can see him.
You think your life is dim and grim.
As he walks toward you,
He talks to you.
You hold your ground
Even as his fist comes down.
He knocks you down.
You hit the ground.
You get back up;
He turns around
And pushes you down.
The students step up
As you get up.
They stand in front of you
The bully can not get through.
They get ready to fight
But you now that's not right.
You get back up and say good night.
You tell them it is not good to fight,
You walk toward him
His face is grim.
You tell him you don't care
He has no reason to despair
Because you care.

Austin Nakamura

8th Grade
East Middle School
Butte
Teacher: Donna Jean Pickett

Violence has affected my life in many ways. One of the ways it has affected my life is when my mom left. I felt like my mom wasn't there so I think I sometimes acted out negatively. I was filling in the gap my mom left in me with negative emotions. I feel situations like that will make some kids act out violently. When my parents divorced there was a lot of negativity around me. I think that was the reason I was getting into fights. I was living with my mom for school forever and I always wanted to leave to my dad's. The only time I could go to my dad's was on the weekends. My mom was always out partying getting drunk. In my life violence was introduced by family. All my life I've been affected by violence. I just try to get something positive out of it.

There are many causes of youth violence. Parenting to me is a number one cause for violent behavior. Children learn from their parents and sometimes it's not always positive. Young people get blamed for violent behavior but it might be a reflection of their home life. With no one to look up to a kid can start making bad choices. They can start hanging around the wrong types of people. If the youth surrounds themselves with negative thinking they might act out negatively. If the surroundings are positive the child might have a positive outcome. Youth violence is everywhere you look. At school, at home and in your own town.

I can only do so much about youth violence. One of those ways is to act out positively around all those who look up to me. I think another way is to stand up for those who can't defend themselves and tell those who choose to act violent that it's not the answer. I try to be a positive influence to everyone around me. My little brother looks up to me so I always try to teach positive actions. The whole world is involved with youth violence. Sometimes it feels like we are born in to this world as it falls apart. The adults are responsible for leaving the children of the world a future. Generation after generation they seem to forget how important that is. The youth violence level is very high and until major changes are made in the way we raise and teach children the violence will only increase. The US is not

the only country effected by violence in other countries it can be much worse. The way we live can also affect the way the youth acts.

Another major cause for youth violence is drug and alcohol abuse. Substance abuse is another effect of parenting and the people you surround yourself with. These things are abused not only by the youth but by adults also. If the adults think its cool to drink the children they have could possibly think the same way because they are influenced by those around them. These drugs if abused can definetly cause youth violence. Youth violence revovles around the youths choices. So it is not all the adults fault but they did create this world. The youth is trying to be older than they are and they see what adults do and do it themselves. This subject is probably the most popular reason why the youth violence rate is so high. Someday the youth is going to take over. We as the youth of the world need to change the way we think. We need to focus on the positive and realize it is our choices that effect us and it doesn't have to be the world around us. Choose to be different. Choose a better life. Choose a brighter future. If the worl remains as violent as it is now the world might be over.

Drew Reum

8th Grade
Poplar Middle School
Poplar
Teacher: Morgan Norgaard

Youth violence

The question is has "Youth Violence Affected my life?" As the song goes "Yes, again I say yes" I am.

Drugs and alcohol are being used in the homes with babies, kids of young and older ages. They are being physically abused while their parents are parting in the home. Is it a good life style for our youth to see? No... children learn by the examples set forth for them. This only makes for a spiraling downward circle for the youth to follow.

I'm fourteen years old and I grow up around the violence in our small community. While I am growing my parents shield me from all the bad things going on in this area as much as possible. My parents both grew up with violence in and out of the home. Unlike me I'm luckier because of the example my parents both set for me by not using drugs, alcohol or resorting to violence.

I had an uncle that miss used his prescription drugs. He used them to get high and mixed his prescription drugs with alcohol. He had a few mental disorders such as Bipolar, Manic Depressive, and Schizophrenia. He beat my Aunt up and broke her ribs. Later he went crazy one random night and went into the kitchen grabbed a knife, walking into the dining room where she was sitting and stabbed her repeatedly, killing her. That night he changed all our lives with the violent act of miss using his prescriptions drugs, alcohol and mental disorders.

I have cousins who do not have it as good; their parents drink and use drugs around them. They went without food, new clothes and toys. I remember a few times they came to my house for food because their mom would not let them eat. So my parents would take them in and feed them as much as possible. They are bounced back and forth from their parents to their grandparent's home or where ever they can stay for the time being.

Violence is a very strong part of the school system. Even though the teachers try to prevent it as much as possible the violence will always be there. Peers try hard to keep up with one another that it becomes a challenge for them to prove that they are at the top of their peers. Peers start using drugs and alcohol, with all the pressure of growing up keeps the violence moving within the school system.

There have been four fights this school year in the 8th grade. There have been two deaths this school year around the area. A lady from Sidney, Montana is missing with the unknown where about of her body. A man that as working in the oilfield was discovered alongside the highway between Bienville and Culbertson dead. He had been drinking in Williston. The man that killed him had offered him a ride back to Culbertson. It was later discovered that he had been hit with a vehicle and left there for dead. With the oil coming to this area it will also bring more violence.

I can stop violence, if I put my mind to it. I know I would succeed and go further in life. I've proven this fact, as I have two great friends that argued over something stupid. The next day one texted me and said she was threatening to kill the other one while they were fighting. My first reply was death shouldn't be on your list of options or fighting. A hour later my other friend texted me said she "was

Being mean and saying mean things to her and that she was going to fight her". I said just ignore it and stop talking to her see how the next day goes. The next day came; they were trying to fight so as a friend of both of them, I went and told two good teachers about it and to keep an eye out for it. They did and with me informing the teachers the fight never happened. That is one good way to help to prevent violence in the school by notifying an adult before it occurs. As a friend you care about what goes on in your friend's life and want them to have positives things to look forward to in life.

Becoming involved with drugs and alcohol is really easy; the hard part is trying to stop using after being addicted. I have a few friends that have used both and they say it is the coolest thing on the planet, but in reality it is not. It kills your brain cells, makes you forget things, and you can become sick from it. It only hurts you and the ones that you are closest to.

Has youth violence affected my life? Not as much in my life but in the lives around me with friends and relatives. I'm one of the lucky once my parents protect me from violence. They can educate me against violence in our home but they cannot protect me when I walk out the door. Having knowledge of violence can help me from becoming involved in it.

Parent should be made accountable for their actions and the actions of their children. It would not allow the parents the extra time on their hands to become involved with drugs, alcohol and violence. The parents that are trying their best to raise their children with what resource they have start the basic stepping stones to educating them on both good and bad outcomes of youth violence. Learning to be responsible at a young age changes the outcome of most youth lives. Having a strong community, being friendly to everyone and looking out for each other can also help prevent the violence in this small community. "Treat other as though you would want to be treated," is what my mother always tells me.

Dylan Running Crane

7th Grade
Browning Middle School
Browning
Teacher: Roberta Kipp

Violence Makes Everyone Sad

By: Dylan Running Crane

2-16-12

Everyone is tired of living here, living on this poor reservation town. They're tired of the alcoholics and drug abusers. Tired of yelling and drunken fights. I know I am. I'm exhausted. I still can't comprehend how others can handle this. Small, white towns would buckle under the weight of this violence, but we don't. My pitiful town pulls itself up everyday looking for more beer, for more drugs, for another fight to be in. How can a place so sad keep getting sadder? Violence is the answer to that. That is the only time violence is ever the answer.

We are a group of sad people. Sad people become angry, then angry people become violent, and the violence creates sadness. It's a vicious cycle that never seems to cease. No one will stop it. No one wants to stop it, but it will keep running over us making us smaller and smaller until we disappear completely.

In the words of Sherman Alexie, my reservation feels as if its "located one million miles north of Important, and two billion miles west of Happy." That makes me feel little, and insignificant. Most people that think that this violence doesn't affect me at all. They think that because I come from a good home, violence has nothing to do with me. It does though. So much in fact, I feel as if my very being has changed. I am no longer a carefree little girl. I'm always sad for those around me. I can feel the drunken punches and sharp shoots of meth. I can feel every bullet that backfires against the wall they have built around their heart, and it comes back twice as hard.

Everyone copes with in a different way. Some choose to drown the feelings in beer; others chose to do something about it all. I, on the other hand, will choose to wait it out. Someday, everyone will be sick of this stupidity, and stop, and the violence will run away forever. But if that doesn't happen, I will be sick of this stupidity, and stop caring, and run away forever.

Reinforcing stereotypes is what it is. Reinforcing the very thing we have tried so hard to destroy. Visions of Indians being nothing but violent, ignorant savages. Horrible? Yes. True? Sadly, yes. Ignorance of the people who thought it, and stupidity of us. Stupidity of us because we do nothing of it. We stand by idly watching them think the ignorant things, and that, is very stupid to me.

I remember on day, when I was around nine or ten, I overheard my parents talking. My dad, telling a story of a man he works with, who was beaten within an inch of his life and my mom, worried silently over his

wife and children. Only an inch? A mere inch that separated this man from meeting his death. An inch was all he had to live for. An inch was all his family had to hold on to. An inch of hope was they could believe in. In a way, my whole town is only holding on by an inch. The rest has been gnawed away by violence. If we let go now, let go of this precious inch, this inch of hope, of happiness, of hope, we will fall into despair. We need this inch, to protect us, protect us from violence, and the murky depths of sadness.

Jake Wagenaar

7th Grade
St. Francis Upper
Billings
Teacher: Stella Burke

DO THE WRITE THING

To be bullied hurts people and their confidence so everyone should respect each other. How has violence and bullying affected my life? It all started in Anaconda when I was in 4th grade and riding on the bus home from school. The conversation first started as a debate about who was the best WWE wrestler. Then somebody said that John Cena was on steroids. Then everybody else joins in on the argument. Then this kid got mad because John Cena was his hero. The bus stopped at his destination. As he got off the bus he punched me in the face because I was the weakest one on his way off the bus. I don't remember what happened after he punched me. My sister and I go off the bus but I still felt dazed. My sister told my mom that I was hit. The types of pain I felt were my confidence level fell and my lip. It was bulging and bleeding. My feelings were really hurt. I also felt disgraced because I didn't get a chance to fight back. My feeling turned from sadness to rage. I wanted revenge. I also wanted him to apologize more than anything else.

What are the causes of youth violence and or bullying? The bullies were bullied first. The bullies are insecure and maybe have a bad home life. Most bullies need to make someone else feel bad so they can look cool. Or to make themselves feel better.

What can I do about youth violence and /or bullying? You can stick up for the people being bullied. And tell the people who are bullying to stop. My friend in Anaconda was bullied one day at school. When I saw it happen, I wasn't happy to see him being bullied. I stood up for him and told the bully to stop at once. Then the bully started to bully me and then my friends stood behind me. After that the bully shut his mouth and didn't bother me or my friends again. When you see someone being bullied you can get your friends and have strength in numbers. You can also not join in on the teasing. Spread the news of making rules in you school like respecting one another, and not fighting. A way to spread the news is to make cool posters about ending bullying and put it in a fun contest with prizes.

Bullying does not make you cool. It just makes you look like a jerk who can't make friends unless he is beating up someone, or teasing or, intimidate or taking their money or making fun of someone on the internet sites. If you ever

find yourself being bullied get your friends to have your back. If they won't stick up for you they really aren't your friends. If you see someone else being bullied stick up for them even if they aren't your friends. Just imagine how you would feel, if that was you being bullied?

Jens Zimmerman

7th Grade
St. Francis Upper
Billings
Teacher: Stella Burke

Do the Write Thing

Bullying is caused by too high of self-esteem. Bullies are too sure of themselves and think that they are superior to rules.

Bullying has affected my life seriously this year. Bullying has not been easy to handle by myself, especially being new at a school, and not having very many friends. Sometimes I watch my friends being bullied. This makes me change my approach to my environment. I don't want to be the bully's next victim and sometimes I don't know how to avoid it being me next. My personality has changed as well. I have always been an optimistic and extroverted person. Now I talk less and shrink back into my shell. Like I said before, when you experience or witness bullying, it seriously affects your life. In my case, it has made me feel insecure.

This brings me to the point of discussing the bully's behavior when they bully. I've come up with three main reasons for the bully's behavior. First, lack of supervision, encourages poor choices. If a bully is unsupervised at home, he will get away with anything he wants, and will be left to think it's ok. He will then incorporate that behavior at school, and also think he can get away with anything. The next reason is problems at home. Parents are supposed to be role models. If the bully's parents model fighting, that's probably what they will teach their kid. Finally, an inflated self-esteem causes bullying. If the bully has high self-esteem,

he will think he's superior to the rules. An inflated self-esteem is often reinforced by teachers and parents who dish out unearned praise. It's a never-ending cycle.

If I see or experience bullying, what can I do to stop it? This is the \$1,000,000 question.

Bullying is a big topic, from physical bullying, to verbal bullying, to cyber bullying, to even little things like teasing, or name calling. No single person can stop it all, but one can do little things to create a better, happier world. When I see bullying, I always try to stop it, no matter the cause. I know that violence is never the answer, (unless you've been physically hurt, then violence still isn't the right answer, but self-defense is appropriate.) If somebody physically harms or hurts me, I have the right to defend myself. The trouble is that I often get pinched, slapped, pushed, and kicked in a "just kidding" manner and it is hard to discern if self-defense is appropriate. I don't like hurting people but I am at my wit's end some days. Since being at St. Francis Upper for seven months, I've experienced more physical bullying and name calling than in all my seven years of public school combined.

I usually try to talk with the bully to avoid a conflict. That works a lot but it's not good advice to a victim who is not the talking type. The best thing you can do if you see someone being bullied is to just go stand next to the kid being

bullied. There is power in numbers, and if the bully feels outnumbered, he will usually back down and leave the kid alone. Bullying is not easy to deal with alone.

I've just shared the knowledge I have about bullying. I've given examples on how to deal with bullying as an onlooker. If there were only room for one more thought in your brain, I would want it to be this; if you witness bullying, put a stop to it, you could change somebody's life forever.

Veronica Zimmerman

7th Grade
St. Francis Upper
Billings
Teacher: Stella Burke

Delete Cyberbullying

Cyberbullying is one of the types of bullying that is thriving most in our generation because of all the technology and Facebook. Statistics show that 42% of kids have been bullied while online. 1 in 4 have had it happen more than once. 35% of kids have been threatened online. Nearly 1 in 5 have had it happen more than once. We have all been bullied and bullied someone in some way. Bullying has some sort of affect on everyone. Some people think it's cool and makes them look cool, and some think it's stupid to do or get involved and there are better ways to be noticed.

The affect that it has on me is it's not cool and the word "bullying" and "bully" makes me cringe. It makes me sick to think someone would be proud of themselves to hurt someone so bad. I don't even see why people feel the need to do it or why they think it makes them cool. If I bullied someone so much to make them believe suicide is the answer, I would feel like the most terrible person to ever live. I would not want to hurt someone that bad, it's not worth it! It's a terrible situation to be in, and people are better than that to tear down others to make them feel better and popular.

Recently, I watched the movie "Cyberbully". It really made me realize even more how harmful words can be. I can admit I've said some pretty rude things in

the past, and I had no clue what power words had. It's so terrible that someone could hurt someone so bad it causes them to have suicidal thoughts and even commit suicide. It's like murder, but through words. In the movie, Taylor Hillridge is the victim of vicious rumors that were started from a fake page created by who she thought was her best friend. They were saying horrific things about her, which caused Taylor to think that she wasn't important and there was no point of living. She had suicidal thoughts and tried to overdose on prescription drugs, but failed. This movie said a lot to me about how powerful words are and to watch what you say because you never know who it could hurt.

The only bullying I've experienced myself would be cyberbullying and gossip. Gossip is a big one with teenage girls, especially if they want to be popular. Any type of bullying makes people feel lonely and insecure. I think bullies need to put themselves in the victims shoes, and see how it really feels to be treated they way they are treating others. I can say when I heard people were saying things about me, I wanted to transfer schools. The group I hung out with had two girls who were the most popular girls in the school and everyone wanted to be around them. To be their friend, you had to do what they do. You had to gossip about everyone. By hanging out with this group, it caused me to become a terrible person, a person I look back at now and hate. To me, these

girls need to realize nobody is perfect. Everyone needs to be treated equally, wether fat or skinny, short or tall.

There are all sorts of causes of bullying but cyberbullying has to be the worst in our generation. Attitude is a big cause because bad attitudes lead to unwanted situations. Retaliation is one too I think because when someone bullies you, or says something that you don't wanna hear, it causes you to seek revenge on them, which leads to bigger problems. Revenge is not the way to go. Revenge just makes things worse and kindles the fire. Just like retaliation, revenge can lead to bigger problems. Those are just mental and emotional causes, there are physical causes too. Some causes are social, gain power, personal past issues, and family issues.

Bullying others to be popular is a terrible way to gain attention because there are better, more positive ways to be well known. Another one during the teenage years is Peer Pressure, because if you see your friends being mean, it causes you to take after them just to fit in. People think it is necessary to judge people on how they express themselves and how they dress, and it is wrong to do. Some other causes are boys. In the news a few days ago there was a story that caught my eye and when I heard what happened, it made me sick. Two girls got into a fight over a boy and one of the girls ended up killing the other girl by punching her in the head and causing a blood clot, which lead to the victims

death. Boys are nothing to be fighting over, especially that severe of fighting and to an extent where you kill someone.

I believe we can put an end to bullying. Its possible. Ways we can end bullying is think of what you say, before you say it. Even if you think it's a joke, you don't know who it can hurt. Follow the golden rule. Treat others as you would want to be treated. Use your powers for good instead of bad. When you bully others, people are not going to want to be around you very much. Don't be greedy. People sometimes bully others because they have something better and they are jealous. Don't call people names and don't gossip. You may think that gossip isn't that bad when you are doing it, but the affect it has on the victim is hurtful. If you see someone getting picked on or bullied, step in and say something. If we can put an end to bullying, we would save so many lives and make the world a much better place. If people target you and try to get you down, that only means that you're above them.